



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 1 **WEEK OF September 12th-16th**



| TIMES | MONDAY 9/12 | TUESDAY 9/13 | WEDNESDAY 9/14 | THURSDAY 9/15 | FRIDAY 9/16 | |
|-----------|---------------------------------|--------------|--|--------------------------------|---|---------------------------------|
| 7:30 | BSX Activities 7:00AM-8:45AM | | | | | |
| 8:00 | | | | | | |
| 8:30 | | | | | | |
| 9:00 | Track 1 in School | | Snack/ Ball Around | Snack | Snack | |
| 9:30 | | | Gym Stations: Basketball, Jump Ropes, & Hula Hoops | P/U at 9:30 | Gym Stations | |
| 10:00 | | | <u>Cooking Project:</u> Sushi Rolls/ Funtime Worksheets | AMF Bowling 10:00-12:00 | <u>Art Project:</u> Snack Sack/ Computers | |
| 10:30 | | | | | | |
| 11:00 | | | | | | |
| 11:30 | | | Walking Trail | | Gym Game: Treasure Chest | |
| 12:00 | | | Lunch | Return at 12:30 | Lunch | |
| 12:30 | | | | Quiet Time Activities | Lunch | Quiet Time Activities |
| 1:00 | | | | Gym Game: Kickball | Quiet Time Activities | Gym Game: Basketball Variations |
| 1:30 | | | | Classroom Activity: Pictionary | <u>Art Project:</u> Pin Ball Machines/ Dance Games | ASX Activities |
| 2:00 | | | | | | |
| 2:30 | | | | | | |
| 3:00 | | | | Snack | Snack | |
| 3:30 | | | | Board Games & Creative Play | Gym Game: Cone Dodgeball | |
| 4:00 | | | | | | |
| 4:30-6:00 | ASX Activities | | | | | |

Fieldtrip
 Special Program/Movie
 Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 1 **WEEK OF September 19th-23rd**



| TIMES | MONDAY 9/19 | TUESDAY 9/20 | WEDNESDAY 9/21 | THURSDAY 9/22 | FRIDAY 9/23 |
|-----------|----------------------------------|---|--|---|---|
| 7:30 | BSX Activities 7:00AM-8:45AM | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | Snack | Snack | Snack | Snack | Snack |
| 9:30 | Gym Games: SPUD & Alien Invasion | Gym Stations: Basketball, Jump Ropes, & Hula Hoops | P/U at 9:30 | P/U at 9:30 | Gym Stations: Basketball, Jump Ropes, & Hula Hoops |
| 10:00 | | <u>Art Project:</u> High Bounce Balls & Fuse Beads/ Board Games | Museum of Natural Science 10:00-12:00 | Adventure Landing 10:00-12:00 | <u>Cooking Project:</u> PB & J Quesadillas/ Computers |
| 10:30 | P/U at 10:30 | | | | |
| 11:00 | Bisque Art | | | | |
| 11:30 | 11:00-12:00 | | Gym Game: Jedi Dodgeball | Return at 12:30 | Return at 12:30 |
| 12:00 | Return at 12:30 | | | | |
| 12:30 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities |
| 1:30 | Gym Game: Baseball | Gym Game: Captain Midnight | Gym Game: Spiderball | <u>Art Project:</u> Zing Wing Gliders & Race/ Walking Trail | Gym Game: NASCAR & Trash |
| 2:00 | | | | | Class. Act.: Let's Take A Trip: Dino Land |
| 2:30 | | | | | |
| 3:00 | Snack | Snack | Snack | Snack | Snack |
| 3:30 | Let's Take A Trip: Continued | Playground & Sidewalk Chalk | Kid's Choice Gym Games | Gym Game: Matball | Jailbreak Dodgeball |
| 4:00 | | | | | |
| 4:30-6:00 | ASX Activities | | | | |

 Fieldtrip

 Special Program/Movie

 Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 1 WEEK OF September 26th-30th



| TIMES | MONDAY 9/26 | TUESDAY 9/27 | WEDNESDAY 9/28 | THURSDAY 9/29 | FRIDAY 9/30 |
|-----------|--|--|---|---|---|
| 7:30 | BSX Activities 7:00AM-8:45AM | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | Snack | Snack | Snack | P/U at 8:30 | <div>“Cruisin’ with Track Out”</div> <div>This day will be filled with special cruise ship events.</div> <div>More information about this event can be found at the sign in sheets at the front desk.</div> |
| 9:30 | Parachute Games | P/U at 9:30 | Gym Stations: Basketball, Jump Ropes, & Hula Hoops | Hillridge Farms 9:30-11:30 | |
| 10:00 | <u>Art Project:</u> Model Magic Bracelets (Part 1)/ Computers | Big E Bounce 10:00-12:00 | <u>Art Project:</u> Shrinky Dinks/ Bingo Dice & Card Games | | |
| 10:30 | | | | | |
| 11:00 | | | Class. Act.: Charades | | |
| 11:30 | Gym Game: Monkeys & Baboons | | | | |
| 12:00 | Lunch | Return at 12:30 | Lunch | Return at 12:30 | |
| 12:30 | Quiet Time Activities | Lunch | Quiet Time Activities | Lunch | |
| 1:00 | Kid’s Choice Gym Games | Quiet Time Activities | Gym Game: Knock Out/ Basketball | Quiet Time Activities | |
| 1:30 | | <u>Art Project:</u> MM Bracelets (cont’d) | | <u>Art Project:</u> Roly Poly Piglet/ Computers | |
| 2:00 | Class. Act.: Word Symphony/ Magic Carpet | Gym Game: Guard the Castle | Classroom Activity: Lose A Letter/ 7-Up | | |
| 2:30 | | | | | |
| 3:00 | Snack | Snack | Snack | Snack | |
| 3:30 | Gym Game: Ketchup & Mustard | Megabuilders & Playdough | Playground & Sidewalk Chalk | Gym Game: Battle Ball | |
| 4:00 | | | | | |
| 4:30-6:00 | ASX Activities | | | | |

 Fieldtrip

 Special Program/Movie

 Art/Cooking Project

Barwell Road Track Out

Track 1– Week 1



Welcome back to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

AMF Pleasant Valley Bowling- We're going bowling! Please remember to wear socks! Additional money for concessions is optional. 5501 Commercial Ave., Raleigh NC 27612 (919) 783-0080

Since we are licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
 - They will be served milk at lunch
- If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Barwell Track Out X-Press: (919) 329-5994
Director : Erin Raynor; Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 1 – Week 2



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Bisque Art - Participants will use their imagination and creativity at Bisque Art to paint their very own ceramics. Ceramics will be held at the store for firing and will be returned to our Track Out site on Friday for pick up upon your child's departure. 7440 Six Forks Rd, Raleigh, NC 27615 (919) 870-9377

NC Museum of Natural Science- From sea life to dinosaurs, we will explore the exhibits at the museum. Special presentations may be offered during the times that we visit. 11 W. Jones St., Raleigh 27601 (919) 773-7450

Adventure Landing - Participants will receive tokens for the arcade and will play one event at Adventure Landing. Extra money for snacks or more tokens is optional. 3311 Capital Blvd., Raleigh, NC 27604 (919) 872-1688

Since we are a licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
- They will be served milk at lunch

If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Barwell Track Out X-Press: (919) 329-5994
Director : Erin Raynor; Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 1– Week 3



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Big E Bounce- Participants will enjoy inflatable rides AND big screen gaming systems all in one place! Socks are required to play on the inflatable rides. 1006 SW Maynard Road, Cary, NC 27511. (19) 469-2273

Hillridge Farms – Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, fish pond, farm animal corral and more! Participants will also pick out a pumpkin from the pumpkin patch! Additional money for the gift shop is optional. We will be outside for most of our trip. Please wear cool clothing, sunscreen and bring a water bottle. 703 Tarboro Rd, Youngsville, NC 27596 (919) 556-1771

For more information regarding our “Cuisin’ with Track Out” day, please see the front desk flyer, or ask any track out staff.

Since we are a licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
 - They will be served milk at lunch
 - If they wish to lie down at quiet time,

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the



Barwell Track Out X-Press: (919) 329-5994
Director : Erin Raynor; Assistant Director: Calvin Mitchell